



Brown Rice Chicken Congee Soup

Cooking Time: 60 minutes | Servings: 4 people

INGREDIENTS:

Chicken:

- 700g chicken thigh, cut into 1 inch cubes
- 1 tablespoon cornflour
- 1 teaspoon garlic powder
- 1.5 teaspoons chicken stock powder
- 1 teaspoon salt
- 1 teaspoon ground white pepper

Soup:

- 3 teaspoons sesame oil
- 1 tablespoon rice bran oil
- 1 large carrot, finely diced
- 1/4 cup finely chopped coriander (stems and leaves separated)
- 1/3 cup thinly sliced/julienned fresh ginger
- 1/3 cup sliced spring onion
- 8 cups water
- 1 1/4 cups brown rice – rinsed
- 3 tablespoons cornflour dissolved with 6-8 tablespoons of cold water
- 1 tablespoon salt
- 1-2 teaspoons ground white pepper

METHOD:

1. Coat chicken in cornflour, garlic powder, stock powder, salt and pepper in a medium bowl and set aside.
2. Sauté carrots, coriander stems, ginger, spring onion with oil and sesame oil in a large pot for 6-8 minutes on medium low until softened.
3. Add water and bring to the boil, then lower heat to simmer.
4. Add rinse rice and simmer on low heat with lid slightly ajar for 30 minutes over a low heat. You want the rice to be cooked.
5. Add raw coated chicken making sure they do not lump together in the soup, and cook for 5-8 minutes on low heat.
6. Add cornflour slurry, coriander leaves and season with salt and pepper.
7. Turn the heat off and allow soup to stand 15-30 minutes with the lid on prior to serving as the rice will absorb more of the liquid and thicken.
8. Serve with extra sesame oil and chilli oil if you would like some heat.

TIPS/SUBSTITUTIONS:

- *Keep in a covered airtight container in the fridge for 3-4 days, not that it will last that long.*
- *For a vegetarian option, leave chicken out.*
- *Additional veggies such as corn, spinach, peas, broccoli (finely diced) is also a fabulous addition.*